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Covid-19 Journal

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History 110

Final Reflection

Week 1: Monday, March 16, 2020 – Sunday March 22, 2020

This was the first official week of the pandemic. I came home the week before this for spring break and I was supposed to fly back to Cincinnati on March 15. However, Canada issued a non-essential travel a few days prior so I decided to stay home. We were told that school would start up next week, so it was almost like another week of spring break for now. My parents went to Costa Rica on the 15th, just as things were getting crazy, but they managed to get a flight back on the 19th. When they got home, they went to stay in a cabin at my dad's golf course because our prime minister wanted anyone who had travelled to self-quarantine for 2 weeks. My brother and I had the house to ourselves and were just trying to stay out of trouble. At this time, my brother was working at a retirement home called Douglas Crossing and he was delivering meals to the elderly by room because they were no longer able to eat as a group at a dining hall. This place that he works at is also where my Nana lives. Since my parents were in a cabin I had to grocery shop for them and my brother and I. The only difference I noticed when shopping was the employees were wearing gloves. Nothing else around town seemed to be much different. The only major things I did this week was run with my friend Shannon and watch Netflix. I found myself very bored this week and struggled to enjoy the things around me.

Week 2: Monday, March 23, 2020 – Sunday, March 29, 2020

Online classes began this week. It was a weird adjustment having to figure out when I had live classes and when I had to submit work. I struggled with organizing my time as I didn't have a set schedule of work and classes. I tried my best to get into a routine, but I never felt like I

was in one. I am still running with my friend Shannon every day, which I really enjoy because it gets me out of the house and keeps me from being too antsy. My mom was supposed to go back to teaching this week, but that was quickly changed to an extended 2-week break. This was the same for my brother who is in high school. Small businesses were beginning to shut-down and larger businesses were discussing the chances of having to stop working. There was also lots of talk of a complete shut-down of non-essential services. Grocery stores now have tape on the ground so you remain 6 feet apart and you are only allowed to be with immediate family. I am definitely missing my friends at school.

Week 3: Monday, March 30, 2020 – Sunday, April 5, 2020

School continued online and I was not really enjoying it. I still didn't feel like I was in a routine and I am very unmotivated to do work. I am managing to get it done, but it's definitely a struggle. This week I had my first test online and it was a new adjustment to take it completely online. On Thursday, I got a call from my mom with important news for my brother. Like I mentioned before he works at a retirement which is a very vulnerable place for a virus. My mom told us that the retirement home had a case of COVID-19 on the floor that my Nana lives on. This was very scary news because my nana has dementia and I know she doesn't know how to keep herself safe at this time. I was also worried for my brother because he is in that building a few times a week. My parents came home the next day as their 2-week quarantine was up. We worked together as a family to come up with a plan of action to keep us all safe. We did a total house clean and we made sure that we all had our own hand towels so there would be minimal contact. We tried to isolate my brother as best as we could because we knew he was more exposed than the rest of us.

Week 4: Monday, April 6, 2020 – Sunday April 12, 2020

At the beginning of the week I found out that the retirement home that my brother worked at was quickly losing staff. The manager reached out to mom to see if she knew anyone who would be willing to work there. After hearing that I decided that I wanted to help out. I went in to meet the manager and learn about what I will be doing on Tuesday. My first shift was Wednesday and I followed my brother around while he taught me how to do everything. I wasn't very difficult. When I delivered the food to the residents I could see their faces light up because I was the only interaction that they had all day. It made me sad to think about them all being locked up, but at the same time I know it is for their safety. I worked three shifts that week. At the end of the week we found out that there were 2 more cases of COVID-19 at the retirement home. My brother realized that he was in an elevator with one of the residents that tested positive, so he got very worked up about that. He was very angry and made it clear that he didn't want to go back and work there for a while. My parents wanted him to get tested just for ease of mind as to whether or not he was positive. He got tested Saturday night and was expected to have the results in a few days. Sunday was Easter and also happened to be my mom's birthday. I was supposed to work today, but I didn't go in because we wanted to wait to see the results of my brother's test. We celebrated my mom's birthday as best as we could, but it definitely wasn't a normal birthday. On top of all of this, there was also word that you can get fined for being within 6 feet of people who are not your immediate family. I continued to run with my friend Shannon, but we ran on opposite sides of the road the whole time. School was easy this week as it was Easter and professors didn't give us much work to do.

Week 5: Monday, April 13, 2020 – Sunday, April 19, 2020

This week I had two tests, one in stats and one in Comparative Anatomy. I found it difficult to study as much as I usually do for tests because there were more distractions like; my

family, my dog and easy access to my phone. Both of them used an app called lockdown browser + webcam which locks your browser and video tapes you taking the test to ensure you are not cheating. Unfortunately, this meant that I could not use my notes. As for work, I only worked on the weekend and the only change was that we got master keys so that the residents didn't have to get up and get their door. This allowed us to stay six feet apart at all times and better protect ourselves. I have been going on lots of walks with family and I filmed a video with my parents for my YouTube channel. We talked about running and how I got into that sport. Nothing has changed with the restrictions and nothing new has come to attention of things we need to change. It was a pretty calm week overall.

Beginning of daily journal entries...

Tuesday, April 21, 2020

Today I slept in quite late because I didn't have any online zoom classes to attend. I went down and made a coffee and started working on some of my stats homework. It always takes me a long time to do stats because the problems are usually multiple steps and require a few calculations. After my coffee I made an oat and banana pancake and ate that while doing more stats. One good thing I can say about the virus is that I have a lot of time to prepare healthy and delicious meals! At 1:00 I went to a meeting at the retirement home that I work at. It was just a general meeting giving us updates on what's going on. The manager told us that there are only 2 cases in the building and they have had a number of tests come back negative. This made me feel good because we are keeping the virus under control. She told us we are doing the right thing and we just have to keep staying optimistic. When I got home from the meeting I wrote a discussion post for history and finished up my stats. I then made a smoothie and went to work at 4:00. I work from 4-7 but we are usually done a bit before 6 because there is not much we can

do. I just bring the residents their meals in a plastic box and then go back around with tea and coffee. It's very easy, but I really enjoy it because I love seeing the residents. I get to talk to them really quick which lightens up their day and it is great to see them happy. After work I came home and did more homework. A pretty typical day of quarantine.

Friday, April 24, 2020

Today I slept in once again because I had no early classes to attend. I wanted to get outside so I went for an hour bike ride and listened to music. I saw some people on the bike path I was on, but not too many. When I biked through a subdivision I saw two women walking together. One of them was on the sidewalk and the other was on the road. It reminded me how serious this is as friends can't even walk on the sidewalk together. When I got back I drank some coffee while listening to my history professor's zoom class. I then watched some of my physics lectures and played with my dog before I had to go to work. Work went by really quick, as per usual. We still only have 2 cases here at the retirement home, which is good news because we haven't had any new cases in the last week. I got home and ate dinner with my family and then we all watched Schindler's List together. It was a really good movie. Another typical day of quarantine and I'll be doing the same thing tomorrow.

Tuesday, April 28, 2020

Today I didn't have a run to do, so I woke up slowly and headed downstairs to start homework. Well, first I drank coffee and ate some oatmeal then I started homework. I did homework for a few hours and then I made chocolate chip cookies because my mom was craving them. After that, we went for a walk on a trail near my house. We saw a few people on the trail, but it's very awkward because we have to step off the trail to give the other people room to walk by to ensure we are 6 feet apart. It is definitely weird interacting with people now because if we

are not related, we can't even come close to one another. When I got back from the walk I did homework for another 2 hours. At 5:30 I drove to my friend Abby's house to make signs for my other friend's birthday. We made the posters outside and used our own stuff so that we didn't come close to one another. Once the posters were done we drove to Walmart in town to meet with some other people so we could all drive to my other friend's house to surprise her. We all pulled into her driveway and honked our horns to wish her happy birthday, but we stayed in our cars because large groups of people together can get fined. After talking through our cars for a little bit I headed home and ate dinner. I then edited some of my YouTube video and went to bed.

Saturday, May 2, 2020

Today I got up and decided to do my run right away because I wasn't very hungry. I did a few stretches and headed out the door. I ran 6 miles in the trails near my house, which is my all-time favorite place to run. When I got back I ate breakfast and read through some of my comparative anatomy homework. After that, I went for a bike ride with my dad all through town. It was nice to go with him and ride around for an hour. I always love getting outside because there it is a way to escape the chaos of this pandemic. After the bike ride I got all cleaned up and I had a zoom interview with a guy from fox news. He wanted to know more about my job at the retirement home because it is something that not many student-athletes are faced with. I talked about my running and all the different aspects of working at a retirement home. After that, I actually had to go to work. I hadn't worked in 5 days so it was nice to back and see the residents. Everything was pretty much the same other than we have to now wear shields over our face when we serve the residents. Previously, we only wore masks, but now we have to wear a shield and a mask on our face. The 2 residents that had Covid-19 are now recovered, but now we have

3 new people who have tested positive. I was a little upset when I heard that there were 3 new cases, but I'm still trying to remain optimistic that it will get better. I found out that one of the residents that tested positive was on the 4th floor and that's the floor that I usually serve. After finding this out, I was a bit worried of it spreading because I know I had served her recently, but she is now in isolation and no one else has symptoms, so hopefully all will be okay. I finished work and went home for dinner. After dinner I started organizing some of my notes for exams because next week is the last week of classes! Finally, I watched a movie with my parents called "The Usual Suspects" and it was okay, but definitely not one of my favorites. My mom made a list of movies for me to watch because I don't usually watch movies, especially good quality movies. Since we have more time in quarantine, she is trying to show me some of her favorite ones.

Wednesday, May 6, 2020

Today I got up a bit earlier than normal because I had a zoom meeting for physics. Right after the physics meeting was done I went for a run with two of my high-school running friends. It was nice to run with people because a lot of my runs I am alone. When I got back I drank some coffee and ate my usual bowl of oatmeal. I did a bit of comparative anatomy after that because I had a long lecture video to catch up on. Then, I had a zoom meeting with my teammates from Xavier and we talked about what next year might look like. It is crazy for me to think about going back to school and having to wear masks to class. It still seems pretty surreal. After the meeting I had a quick call with my coach about possibly coming back for a fifth year to run and do a masters program. It was fun to talk about the options that could be available to me. After the call I went for a walk with my mom around town. I always enjoy walks with my mom because we get out of the house and we just talk about random things. When I got back from the walk I

had another call, this time with someone from Xavier's marketing and communications team. He wanted to do a story on how I am handling online school, running, working and making YouTube videos. He asked me a bunch of questions and I really enjoyed talking to him. Hopefully the story turns out cool! I finally relaxed after that and watched some modern family in my room. I ended my night with some dinner and catching up on the show listen to your heart, which I accidentally missed on Monday.

Sunday, May 10, 2020

Today is Mother's Day! When I woke up I headed downstairs and talked to my mom for a while. After eating breakfast and doing a bit of studying, I went for a 9-mile run. It was sunny and warm which was really nice because lately the weather has been all over the place. When I got back from my run, my mom and I made a sign for my nana. My nana lives in the resident home that I work at and since it was Mother's Day we wanted to go see her. Obviously, all of us couldn't go inside to see her, but we were able to see her through a window. One of the staff members brought her to the balcony and we stood outside of it to wave to her. We held up the sign and wished her a happy Mother's Day. She was very happy to see us and I could definitely tell that it made her day. We dropped off her gift and the sign at the front door and left. On the way we picked up dinner at my dad's golf course that my brother and I ordered for dinner. They had a special Mother's Day dinner menu and we decided to pay for that as our gift to her. When we got home I got ready for work and ate lunch. My brother and I both worked today so we drove together. At work I made sure to wish the female resident's a happy Mother's Day as many of them couldn't see their children today. They were all very grateful and enjoyed seeing me. After work my brother and I decided that we would quickly stop at the store and get my mom flowers. Because of Covid-19 only one person from the family is allowed to go inside the

store, so I went in and bought my mom flowers. When we got home she was very happy to see that we got her flowers. After a quick shower we all ate dinner together. Finally, we watched a movie that my mom picked out called 1917. It was a very good movie!

Tuesday, May 12, 2020

Today I had to write my second last final, which was in statistics. I woke up and organized all my notes together so that I was ready to go. I made a coffee and started the exam because I wanted to get it over with as soon as possible. It was a bit tricky, but it wasn't too bad, I think it took me about 75 minutes. After that, I took a break and watched some tik toks (it as an app on your phone where people post random videos of themselves). Then, I decided to go for a 6-mile run to clear my head and enjoy a bit of fresh air. It was nice to get outside, but it was definitely a lot colder than it has been recently. It was only about 4 degrees Celsius, which is not very nice! After my run I knew I had to start studying for my last final tomorrow, in comparative anatomy. It will probably be my most challenging final so I'm not exactly looking forward to it. The rest of the afternoon, I studied for that and wrote out my notes to prepare. After a big chunk of studying, I ate dinner with my family. I decided to take a short break from studying and I took my dog for a walk with my dad. When I got back from the walk, I studied a bit more before calling it a night. The rest of the night I just watched some YouTube videos before going to sleep.

Some pictures I have taken during this time...

In the order shown; 1. heading into work, 2. during my shift at work delivering food to the residents, 3. Walking my dog, 4. Running on the trail, 5. Family walk on my mom's birthday, 6. Hanging out with my dog.





